

Fetal Growth Restriction (AK 34-USDA 336)

Explain to Participant	You're enrolled in the WIC program today because your doctor determined that your baby is small and it is growing slower than expected.	
Goal	The goal is to try to promote good food choices of high nutritional quality to support the growth of your baby, avoid and/or stop smoking, improve nutrition, and space pregnancies.	
Suggestions for Reducing Risk	Follow the recommendations of your health care provider. See your doctor regularly to monitor your pregnancy and your baby's growth. Take prenatal vitamins daily and avoid junk food. Explain the nutrition education material suggested. Eat a variety of foods from all the food groups every day. Eat 3 meals a day plus 2-3 healthy snacks. Drink 8 glasses of water every day.	
Nutrition Education Material Suggested	Foundation for Fitness...for Your Special Delivery	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	The Facts about Smoking and Pregnancy, Drinking During Pregnancy Pregnant? Drugs and Alcohol Can Hurt your Unborn Baby	